

Arlington Hill Community Center

All classes are \$3/session or \$30.00 for 12 passes or \$50 for 24 passes. Ages 13+ (**Senior Strong & Chair Yoga classes are free to 55+**)



Day	Activity	Time	Instructor
MONDAY	Senior Strong (55+)	10:00am –11am	Tou Tong
	Total Body Fitness	11:30am-1:00pm	Tou Tong
	Total Body Fitness	5:00pm-6:00pm	Tou Tong
TUESDAY	Chair Yoga (55+)	11:00am-12pm	Tou Tong
	Zumba	12:00pm-1:00pm	Hayley Kilbride-Pierce
	Total Body Fitness	5:00pm-6:00pm	Tou Tong
WEDNESDAY	Senior Strong (55+)	10:00am –11am	Tou Tong
	Total Body Fitness	11:30am-1:00pm	Tou Tong
	Total Body Fitness	5:00pm-6:00pm	Tou Tong
THURSDAY	Chair Yoga (55+)	11:00am-12pm	Tou Tong
	Zumba	12:00pm-1:00pm	Hayley Kilbride-Pierce
	Total Body Fitness	5:00pm-6:00pm	Tou Tong
FRIDAY	Senior Strong (55+)	10:00am –11am	Tou Tong
	Total Body Fitness	12:00pm-1:00pm	Tou Tong
	Total Body Fitness	5:00pm-6:00pm	Tou Tong
SUNDAY	Adult Fitness <i>(Sunday Zumba is not part of the Express Fitness program and has a separate fee)</i>	12:00pm-5:00pm	Volleyball/Soccer/ Open Track/Open Weight Room/ Fitness Classes included in \$3.00 fee

**If you have any questions or concerns
please contact:**

Gregory L. Dodd
Health & Fitness Coordinator
Saint Paul Parks & Recreation
651-789-3691 or 651-280-0704